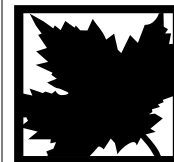


Ottawa Teen Guide



Group Activities

There's lots to see and do around Ottawa, ranging from visiting museums to zip lining in the Gatineau.

In the 'Camp Fortune Aerial Experience', you walk across wires and bridges, high above the forest floor, from tree to tree. This exciting activity concludes in a series of zip lines where you can admire the forest beneath you. The price for ages 5-17 is \$29.



If heights are not your thing, there are plenty of other activities, such as laser tag, bowling and mini golf. There are a variety of mini golf courses in Ottawa.

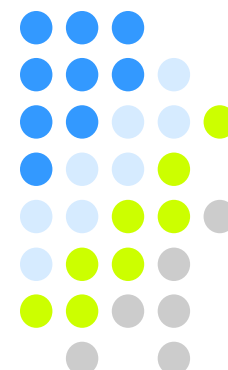


'Putting Edge' is glow-in-the-dark mini golf, with prices starting at \$8.40 per person. If you would prefer to play in the daylight, 'The Game PMG' is an outdoor course, with the cost of \$8.50 for an adult.

Some other bowling alleys are 'Merivale Bowling', 'Wakley Bowling (5 pin)', and 'McArthur Lanes'.

'Laser Quest' in Ottawa is a good place to play laser tag. The price per person is \$8.00, and they also host birthday parties.

Paintballing is also popular in Ottawa. There are several places in (and close by) town that offer either indoor or outdoor paintball arenas. Some of which are 'Tag Zone', 'Marked' and 'Commando Paintball'



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Libraries

Ottawa has the largest English-French library system in North America. There are 33 branches, providing a range of materials to borrow. You can check out books, magazines, CDs, audio books and computer games.

Library cards are free for people living in Ottawa. To get one, you can register at any library branch. You need to bring photo ID, and proof of address..

The library can also be a great place to do community service; to graduate in Ontario you need 40 hours of community service. If you are over 14, you can speak with your local librarian about volunteering. Please read the Ottawa Public Library Hand-out. Or visit the public library website





Hiking and Snowshoeing

Located 10 minutes across the river from Ottawa is the beautiful Gatineau park. It is 361 km², and within the forest is 175 km of great hiking trails.



In the winter, snowshoeing is an easier way to get around in the park, with over 50 km of snowshoe trails.

Along the trails in the park are chalets, where you can start a fire, warm up and rest.. For the more adventurous, a night hike in the Gatineau (winter or summer) is a great experience. For a much different kind of adventure, Amigo's Go-Karts is perfect for children ages 12 and up. With the kart's reaching a maximum speed of 45 km/h, Amigo's Karting also offers two seated Go-Kart as well as other activities such as paint ball, mini golf, power paddler boats, climbing walls, and 3 beach volley ball courts!

Swimming

There are plenty of indoor and outdoor pools in Ottawa. The cost to go swimming in an indoor pool, is \$1.65.

Indoor Pool Locations

Brewer, Canterbury, Champagne, Deborah Anne Kirwan, Dovercourt, Jack Purcell, Lowertown, Orleans Rec Complex, Pinecrest, Plant, Sawmill Creek, St-Laurent.

Outdoor pool Locations

Bearbrook, Beaverbrook, Corkstown, Crestview, Entrance, Genest, General Burns, Glen Cairn, Katimavik. There are also two wave pools located in Ottawa. They are Splash Wave Pool and Kanata Leisure Centre and Wave Pool. They cost a bit more, but can be even more fun.

Rock Climbing

Another adventurous activity is rock-climbing. At the Coyote Rock Gym, there is over 15,000 square feet of climbing wall as well as four bouldering areas. All new climbers under the age of 18 must have their parent sign a waiver before they can climb. There are free introductory lessons available for all new climbers to the gym. In this lesson, climbers age 14 or older learn how to manage the safety ropes (called belaying), how to fit a harness, and how to tie the rope to it.

You can not belay if you are younger than 14.

In the bouldering area, belayers are not necessary as you can not climb higher than 12 feet.



HOCKEY

Hockey is HUGE here in Canada, so NHL games are an amazing time!

The "Ottawa Senators" play home games at the Scotiabank Place Arena. Visit the website for dates and prices.

Ottawa has an OHL team as well. The Games are less expensive, and just as much fun. Watch the Ottawa 67s play!

- Adults \$15
- Students & Seniors \$14
- Children 12 & under \$11



Canada's Biggest Themed Waterpark

Dive into more adventure at *Calypso Park*! A fun filled water park with over 35 waterslides. More than 100 water games, over 100 life-guards, Canada's biggest wave pool. Two world –class beach volleyball courts. Ulysses Greek Bar & Grill. South Breeze Bistro. Main Street Restaurant. Penguins Stop ice cream. Hawaiian Beach Bar. And Calypso's Friends Souvenir Shop. Plus All pools are heated! Visit calypsopark.com to learn more!

White Water Rafting

River Run Rafting & Wilderness Resort is a great way to spend time with the family and have adventure! There are High Adventure trips which seat 12 people and Ultimate Adventure trips which seat 6 people. Also enjoy more than just whitewater! There are water sports, accommodations & camping, beaches, zip-lining, and walking/ hiking trails. Go to www.riverrunrafting.com for more details

Skateboard Parks

To name a few: Towards the west, Ben Franklin Place/ Legacy Skate-park has a large concrete bowl, many street and vertical components and is 17,000 sq ft. Located at Centerpointe behind Theatre District. Towards the east, Bob MacQuarrie Recreational complex, Orleans / sk8 Extreme Park. It has a flat asphalt surface with 10 components



The Haunted walk of Ottawa

Go on the darkest tour of Ottawa's darkest past! "The Original Haunted Walk" is a different 90 minute tour of the downtown. Departure is from their ticket kiosk at the corner of Sparks Street and Elgin Street.. Featuring the haunting of the Bytown Museum, Chateau Laurier, the Grant House and more for all ages.

The Original Haunted Walk Fees: Adults \$12.50; Student/Senior is \$10.50; Children (6-12yrs) \$6.00

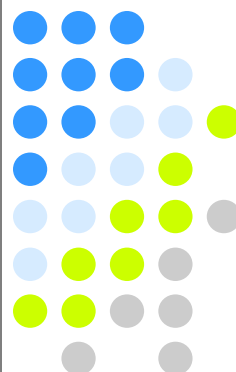
To name a few other tours there are "Ghosts and the Gallows" and the "Crime and Punishment Jail Tour" *Wheelchair accessible with assistance* *note prices vary depending on the tour and Reservations are strongly Recommended.

Calypso Daily Admission:

At 10:00am, if you are over 1.32m the cost is \$30.97. If you are under 1.32m the cost will be \$24.78.

At 3:00pm, if you are over 1.32m the cost is \$24.78. If you are under 1.32m the cost is \$22.13

Calypso also offers group packages of 20+ and Season packages





Sports and Adventure!

Parc Omega

Go on a “Canadian Safari” and explore Parc Omega’s unique concept in Quebec.

It is an immense 1500 acre park whose purpose is to let you discover many species of wild animals in the natural habitat ALL YEAR ROUND!

A 10 km path winds its way through an extraordinarily varied landscape of lakes, meadows, small valleys, forests, and rocky hills. You can also take walks on the designated paths and enjoy a picnic with your family.

Running

Calling all runners! Marathons, charity runs, and races are all very big here in the capital. So get out there and join in all the fun. Promote health, fitness, and community spirit! Here are some of the racing events that take place right here in Ottawa:

Beaver Chase Running Series

Bushtukah Canada Day Road Races (5k, 10k, Children’s Fun Runs)

No Frills 10 mile Road Races and 11k fitness walk

The Jim Howe Memorial Run Ottawa Cross Country

Ottawa Race Weekend (Marathon, half marathon, 10k, 5k, 2k, 1.2k kids Marathon)

Run for the Cure, Breast Cancer Fundraising and Awareness



Parc Omega

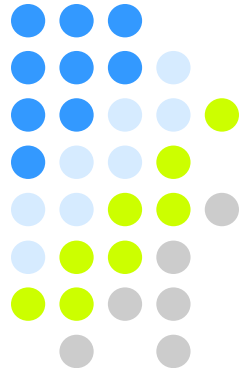
Admissions:

Adults: \$18

Children (6-

15yrs): \$13

If you would like to learn more about the Park’s animals, then listen to 88.1 FM on your radio while driving through the park!



Gyms and Health Clubs

There are several gyms in the cities with easily accessible locations, flexible hours, and tons of nice equipment. Most gyms also offer personal training, nutritional guidance and group fitness classes.

- The Athletic Club www.theathleticclubs.ca
- Ottawa Athletic Club (OAC) www.ottawaathleticclub.com
- GoodLife Fitness www.goodlifefitness.com
- Snap Fitness www.snapfitness.com



Sports and Adventure!

Golf and Driving Ranges

Ottawa was several beautiful golf courses and driving range, in and around the city. Most golf courses offer lessons, and host youth tournaments.

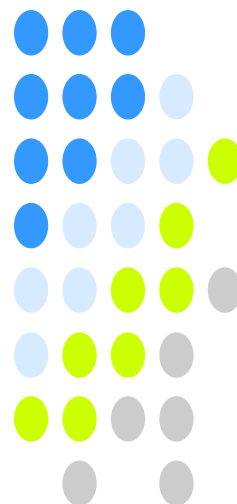
The Royal Ottawa Golf Club (Aylmer, QC)

Metcalfe Golf and Country Club (Ottawa, ON)

Casselview Golf Club (Casselman, ON)

The Marshes Golf Club (Kanata, ON)

White Sands Golf Course and Driving Range (Orleans, ON)



Competitive and Recreational Sports Teams

Ottawa is home to hundreds of competitive and recreational sports teams. Among the sports programs found here are:

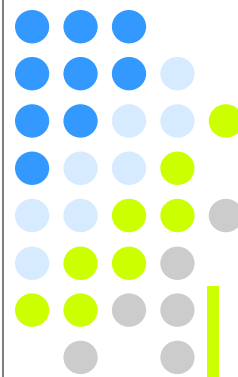
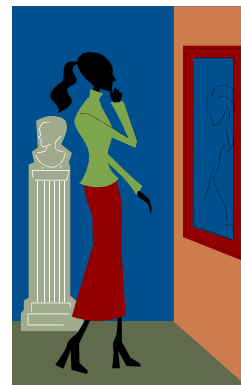
basketball, baseball, football, dance, cheerleading, gymnastics, lacrosse, hockey, swimming, tennis, water polo, volleyball, track and field, rowing, equestrian riding, soccer, and rugby.

Many schools offer junior, senior, and varsity sports teams, but if you're looking for something more serious (or just something more frequent) email the CLO for a list of well known and recommended sports teams.



Museums

A list and prices



IMAX

Canadian Museum of Nature- From dinosaurs and prehistoric life to the birds and mammals of today this is a journey through life on our planet. Adults \$5. Admission is free on Saturday mornings.

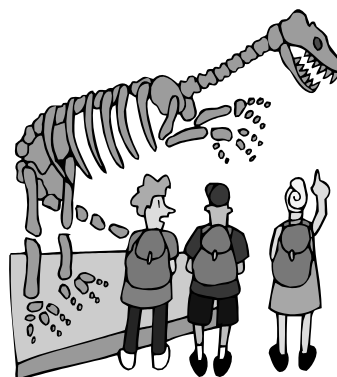
Diefenbaker Canada's Cold War Museum- Located in an underground facility, and built during the Cold War, the bunker was designed to protect items of importance in case of a nuclear attack. Now it is a museum. Children (6-17) \$6.

The Canadian War Museum- This museum focuses on wars fought on Canadian soil, and wars where Canadian forces fought. Adult (13+) \$10. Admission is free on Thursdays between 4 and 9 PM

The National Art Gallery- The Gallery is in downtown Ottawa, near the Embassy. It is easily recognizable by the giant spider in front of the glass building. Admission is \$4 for youths (12-19). There is an additional charge for special exhibits. Admission is free Thursdays after 5 pm

Canadian Science and Technology Museum- There are many different exhibits in this museum, including a hall filled with old locomotives as well as an exhibit focusing on Canadian inventors and their creations. In this museum you also learn about communications, and Canadians in Space. Tickets for children (4-14) are \$4 and Adults are \$7.50.

Canadian Museum of Civilization- This museum is full of Canada's rich history. Starting with the Native Peoples of Canada, and continuing through the next 1000 years. There is also a Children's museum, and the Canadian Postal museum inside the same building. Admission to those is included in normal ticket prices. Tickets are \$8 for teens. Admission to the museum is free every Thursday from 4-9.

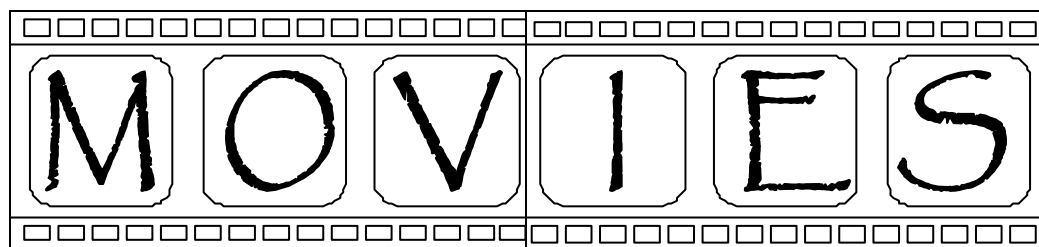


The museum of Civilization has the world's only combination IMAX/ OMNIMAX theatre! Check it out!

- Adults \$10
- Students \$8
- Under 12 \$7



There are two really good chain coffee shops that you can find all over Ottawa; Second Cup and Tim Horton's. Tim Horton's is known for their delicious and inexpensive coffee and donuts! Bridgehead and Starbucks are two other popular chains. There are also many amazing private-owned cafés. These are great places to come in either the winter or summer, as they have a variety of products including smoothies and iced drinks to hot chocolate and cider.



Silver City - Adult (14+) tickets are \$9.25. This multiplex theater has a large selection of first run movies.

Rainbow Cinema— Located in the St. Laurent Mall this theater plays second run movies for a reduced price .

If you don't mind waiting, this can be a great deal, as tickets here only cost \$3 for a matinee (\$4.20 in the evening and \$2 all day Tuesdays) .

Bytown Cinema— Located in downtown Ottawa, playing independent and foreign films.\$6 for children and youth (17 and under with ID)

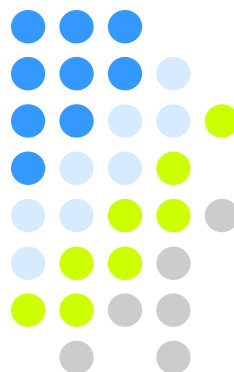
Empire Cinema— This theatre is located in the Rideau center, making it easy to spend a day shopping and at the cinema. Adult (14+) tickets are \$9.99.

Ottawa Family Cinema— This theatre is an all- family theatre with great deals for the whole family. Reg. price \$7.00, and Children (12-) \$6.00.

South Keys Cineplex Odeon - Located at South Keys Shopping Center, General tickets (14- - 64) are \$10.99, Children and Seniors (3-13, 65+) are 7.99,



If you're the type of person who enjoys sitting down and reading a book with your coffee, many 'Chapters' bookstores have an attached Starbucks.





Malls →

← Food Court
American Eagle →
← Sears

Rideau Centre— This large enclosed shopping complex is centrally located in downtown Ottawa. Visitors will find a range of shops, services and eateries including The Bay, Sears, Shoppers Drug Mart, Banana Republic, the Gap, Lulemon Athletica, Old Navy, Roots and much more. The mall includes over 180 stores in total.

St. Laurent Centre— 195 shops and services fill the St. Laurent Shopping Centre. Shoppers can get their fill from 9:30am to 9pm Mondays through Saturdays and 11am to 5pm on Sundays.

Bayshore Shopping Centre— Located in the western portion of Ottawa, the Bayshore Shopping Centre includes a number of stores and services including anchor department stores The Bay, Winners and Zellers. Visitors will also find fashions for men, women and children, shoes, music and more in the mall's many shops.

Carlingwood Mall— Carlingwood Mall in the west section of Ottawa features 120 stores as well as three banks and a number of fast food options in the food courts. Sears is the main anchor department store and visitors will also find music, shoe, clothing and accessories shops.

Place d'Orleans— This large shopping complex is home to a large selection of stores. HMV, Gap, La Senza, and The Bay are only a sampling of the shops at Place D'Orleans. If the kids are getting restless drop them off at the Mini Port or the YM/YWCA on site for a few hours of kid-free shopping.

Canadian Stores:

Roots: (moderately expensive) sweatshirts, sweatpants, t-shirts, outdoor wear

La Senza: similar to Victoria's Secret, just less expensive

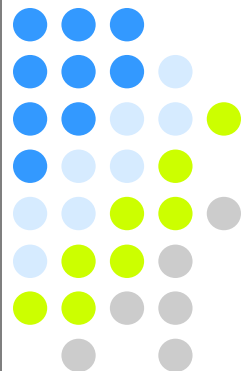
Winners: similar to Marshall's or TJ Maxx

The Bay: department store, similar to Macy's



BYWARD MARKET—

Just east of Parliament Hill this Market has been a centre of commerce for Ottawa since the 19th century. This major tourist attraction grew from a farmer's market, to become the home to 350 unique boutiques, cafes and services. Everything from fresh fruit, fish, vegetables, maple syrup and flowers are still available. A must see when living in Ottawa!!



Parks And Places to Visit

Major Parks in Ottawa:

- Andrew Haydon Park
- Brewer Park
- Britannia Park
- Confederation Park
- Dow's Lake
- Lansdowne Park
- Macdonald Gardens
- Major's Hill Park
- Mooney's Bay Park
- Nepean Creek Park
- Rockcliffe Park
- Strathcona Park
- Vincent Massey Park



Parks in Ottawa are really great for relaxing, taking your dog or going for a run. There are more than 850 parks in the area, so you should have no trouble finding one near you. Many parks also have bike paths in them, which are in excellent condition.



Parliament Hill

Canada's government sits high up on a hill overlooking the scenic Ottawa River on one side and the city on the other. There are a variety of things to see and do on the hill, from touring the grounds and the buildings, to the summer changing of the guard and the light show.

Governor's General

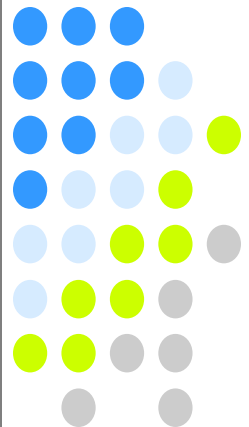
Rideau Hall is the residence of Governor General, the Queen's representative in Canada. The magnificent building sits in the middle of large grounds. In the winter, there is skating rink at the Hall.

Royal Mint

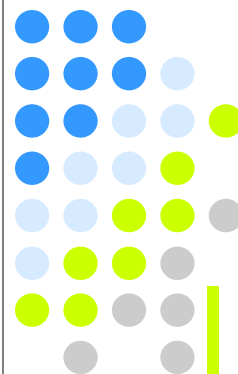
At the Royal Mint in Ottawa, you can see the production of specialty coins. Although most coins that we use are made in Winnipeg the mint in Ottawa is still worth a visit.

Biking in Ottawa

Ottawa is a great city to bike around, thanks to the 170 km of bike paths. Many of these are along the canal or river, offering scenic views. Some roads have a specific lane for cyclists. It is important when on these path to keep right, and be aware of others. Cyclists and in-line skaters must yield to pedestrians.



Music Lessons and Groups



HINT 6

Meeting Teens from other schools can often be difficult—that's why Teen Nights are so fun! The CLO often organizes activities just for teens, such as bowling or laser tag. The more you come out to these events, the more people you'll meet.

Each school has their own system of bands and lessons, but sometimes your school might not offer private lessons. In that case, there are many private companies that offer lessons, such as;



- Tutti Muzik
- Suzuki Music
- Ottawa U offers lessons
- Artista Music
- Lauzon Music
- Domenic's Academy of Music



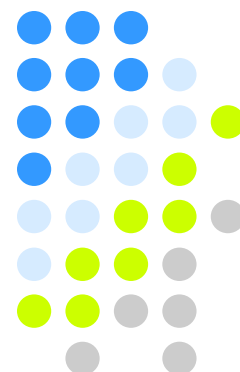
There are also lots of bands that you can look into joining, not just school bands. There is a big program called Music Fest which your school may compete in.

Dance

There is a School of Dance on Crichton Street in New Edinburgh that offers dance lessons and programs to a variety of ages. Specifically, it offers professional training in classical ballet, modern and contemporary dance and teacher training.



Concerts and Festivals



Concerts

The majority of all large concerts in Ottawa take place in the Scotiabank Arena. It's about a 20-30 minute drive from downtown Ottawa. For concert listings and tickets, visit <http://www.sciotiabankplace.com/>

Ottawa's Bluesfest

Ottawa's Bluesfest is a huge musical event held each July, spread over a span of about a week. There are usually 20-40 performers, which in past years have been LMFAO, Snoop Dogg, Carly Rae Jepsen, Mac Miller, Down with Webster and Skrillex. For more information, and a listing on next years line up, visit www.ottawabluesfest.ca

Popular Restaurants

Popular Restaurants for Teens in Ottawa

Beechwood/ Vanier Area: ZaZaZa Pizza, Sushi Me, The Works

Downtown/ ByWard Market:: Zak's Diner, Burrito Borracha, Lone Star Texas Grill

Gloucester: (near Silver City movie theatre) East Side Mario's, Casey's, Montana's

Orleans: Gabriel's Pizza, Cora's Breakfast and Lunch, Johnny Canuck's

Canadian Foods you HAVE TO try

Poutine (fries with gravy and cheese curds)

Beaver Tails (flattened donuts with maple, brown sugar, chocolate or candy toppings)

Shawarma (Lebanese cuisine, but very popular here in Canada)

Maple Taffy (made right in front of you on a bed of snow!)





WINTER



Skiing /Snowboarding

Camp Fortune. Only 15 minutes away from downtown Ottawa. Ski lift price \$21– 36.

Mount Tremblant. With 94 runs for downhill skiers, as well as 56 miles of well groomed trails for cross country skiers, there is something for every level here. Ski lift prices from \$38 to \$65.

Mont Cascade. This ski resort has 19 runs, 12 of which are lit for skiing at night. Ski lift tickets prices from \$26 to \$30.

Skating

At the Governors General, the skating rink has low walls, and warm hut where you can put on your skates. It is open to the general public only on weekends, and groups can book it during the week.

In the winter the Rideau Canal is turned into a 7.8 km long skating rink. It has various stalls along its length, selling hot drinks and treats such as poutine (French Fries with gravy and cheese) and Beavertails (Fried Dough covered with cinnamon sugar, or other toppings)

Sledding

In Ottawa, sledding is also called tobogganing. There are a number of great hills in Ottawa, and sleds can be picked up at your local Canadian tire or other sporting goods store.

Greens Creek. A great long hill that is lit at night. (Green's Creek Conservation Area, off Bearbrook Road, between St Joseph Blvd and Innes Road)

Snowshoeing

Hiking can be hard with several feet of snow on the ground. With snow shoes, this is made easy. Snowshoeing can be done anywhere with enough snow to stop your metal grips from scraping against the ground. Some good trails are along the river near the Aviation Museum or in the Gatineau.

Cross Country Skiing

The National Capital Greenbelt has over 100km of trails where you can cross country ski in the winter. You can also go cross country skiing in Gatineau Park.



Winter lasts a long time in Ottawa. Instead of sitting around the house doing nothing, the best way to enjoy winter is to get outside!

The snow and ice provide numerous opportunities in and around Ottawa for winter sports.

